UNITY DAILY WORD

The magazine with the spirit of good cheer that radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend.

DISCOVER THIS MONTH:

"You Can't Escape Prosperity"

"Into the Silence, into Health"

Also, a page for each day.

June, 1928

10 cents $1 a year

OVERHEARD IN THE ORCHARD

Said the robin to the sparrow:
"I should really like to know
Why these anxious human beings
Rush about and worry so."

Said the sparrow to the robin:
"Friend, I think that it must be
That they have no heavenly Father
Such as cares for you and me."

—*Selected.*

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JUNE
1928

UNITY DAILY WORD

A little companion that will daily direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are. Non-sectarian. Published monthly.

F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, c/o Unity School of Christianity, 917 Tracy, Kansas City, Mo.

FROM THE HEART TO THE HEART

Dear Father, Thou hast placed in me a heart of love. . . . My heart is patient and gentle, for "love suffereth long, and is kind." My heart is not covetous, for "love envieth not." My heart is humble and meek, for "love vaunteth not itself." My heart is gracious and courteous, for love "doth not behave itself unseemly." My heart is generous and free, for love "seeketh not its own." My heart is ever pleased, for love "is not provoked." My heart knoweth only good, for love "taketh not account of evil." My heart is filled with gladness at the righteousness of all men, for love "rejoiceth with the truth." My heart is a believing, trusting, and lenient heart, for love "believeth all things, hopeth all things, endureth all things. Love never faileth."—*From Unity's new book, "Heal Thyself."*

THE OPTIMIST

I sing a song to the optimist,
  To the man that is brave and strong,
Who keeps his head when things go right,
  And smiles when things go wrong.

I am proud of the genial optimist,
  His radiant voice and speech;
He helps to smooth the rugged path
  Of all within his reach.

I like the way of the optimist
  Who looks for the bright and best,
He scatters sunshine as he goes
  And leaves his fellows blest.

I am glad to meet the optimist
  With his message of good cheer.
He carries hope and confidence
  To those assailed by fear.

So here's a song to the optimist
  Who joyously works and sings,
And daily shows this weary world
  The way to better things.

—*Grenville Kleiser.*

YOU CAN'T ESCAPE PROSPERITY

Prosperity follows in the wake of the person who has the consciousness of prosperity

DO YOU number among your acquaintances any of the fortunate persons whom ill luck never hounds but whom prosperity literally pursues? Prosperity not only follows in their wake but it always succeeds in catching up with them. There's a reason for this. If you understand the reason, you will know the secret. Instead of being mastered by poverty you can make prosperity your slave—always faithful to your wishes, always attending you.

In order to have prosperity come your way, there must be that within you which attracts prosperity to you. Prosperity cannot escape you when you discover that within you which compels it to come your way. The thing which will draw it to you is a consciousness of prosperity. This consciousness makes the difference between two persons: one who is prosperous and one who is not.

If you would build a prosperity consciousness, start now to discipline your thought. Turn out of your mind every thought of poverty or lack. Deny the appearances of lack and disassociate yourself from them. Never speak of yourself as having poverty or hard luck. Prosperity is never attracted to one whose thought is dark and barren of the richness of prosperous ideas.

Begin to look upon your affairs and your finances in an optimistic way. Be happy over

every evidence of prosperity which comes to you. You will find many things for which to be thankful. Your new attitude of mind will draw many blessings to you.

Begin to think of yourself and your affairs just as you would were you immensely prosperous. Delight yourself in rich ideas. Be confident that good things are coming your way and you will not be disappointed.

Make the best of what you have. Do not quarrel with your position, your clothes, or your home. Take care of everything that comes under your supervision. Keep things neat and in good order.

See that you know all there is to be known about the position you are holding. You will have to master it before you can expect to receive advancement. Cultivate the ability to have original ideas. One original, efficient, and productive idea may be all that you need to bring you into boundless prosperity. Many persons have found this to be true.

Cease to think that you need some one to boost you or that some one may be holding you back. Rely upon yourself. If you can get the right consciousness you will find numerous persons who will be glad to help you advance. You can get the consciousness.

Be sunshiny in your disposition. The artificial smile of frozen sunshine that one often sees should not be assumed. If your heart is full of sunshine your smile will be sunshiny and full of brotherly love. The first thing you

know, your business or position will become sunshiny. Customers or clients will be drawn to you. You cannot escape prosperity when you get the prosperity feeling.

You must understand that the matter of being prosperous is perfectly natural and genuine. If you do not believe that it is, prosperity will seem to dodge you. Prosperity is almost human in its action. It seems to know a friend just as a domestic animal does.

Why is all this true? Because there is something within you which wants you to be happy and prosperous. Possibly, all your life you have felt the inner urge to have better things in your life. No doubt, at times, you have felt that the self of you which has experienced lack is not your real self. You have felt that a more genuine self in the innermost part of your being is your real self.

What is the great self within? It is the divine within you, the thing which remains high and noble even in surroundings of squalor or discontent. It may seem small to you at times but, if you give attention to it, it will magnify. Through directing your thought toward it, through thinking of your whole self as like this great something within, you will find that there is no part of you which lives in want. You will arrive at the clear realization that this something within you which attracts blessings to you is all there is in reality. The indefinable thing in you which calls for wholesome surroundings and better conditions is your

princely self, the Son of God within you.

Never think of yourself as poor or as a worm of the dust. Dust but serves to attract more dust. It is the princely self within you which attracts prosperity. Do you wonder that prosperity cannot escape it? Do you doubt that you can have better things in life since you have beheld yourself in splendor.

You are the son of God, prince of the heavenly realm, heir to all the blessings and riches of the universe! Cease to mesmerize yourself with the belief of lack. Lift your thought and your vision and see yourself surrounded by all the blessings of your heavenly Father.

Can prosperity escape you now? Keep faithful to the teachings of Truth and prove the law for yourself. Keep your vision high and keep your thought centered upon your divine sonship. The very power of God will rush to your aid and you will find yourself surrounded by all conceivable blessings.

Have you thought yourself into prosperity? No, your right thinking has but served to show you the way back to God just as right directing serves to point the way to the confused traveler. Possibly those about you, ignorant of the way themselves, have sent you in the wrong direction. You have been going down the path where the specters of lack congregate. Now that you are on the right path advance, arise, and ascend to your divine sonship.

Many persons escape prosperity because they drive it away from them. They have an

unfriendly thought toward it. They think of money as evil; they hold unfriendly thoughts toward those persons who might be channels through which good fortune would come to them; they have a mental attitude which acts as a barrier to prosperity. If we would be prosperous we must recognize our oneness with all persons and all good. We must keep ourselves open and receptive to prosperity.

Think of living in a state in which good fortune could not resist you or escape you. Think of being in such a state of consciousness that you could not escape prosperity. The word "prosperity" means far more than merely money. When a nation is prosperous we think of that nation as a peaceful and healthy nation. So, the prosperity which we cannot escape includes blessings too numerous to mention. This doctrine of putting oneself in line with prosperity sounds almost too good to be true but it is demonstrable. It is scientific and is based upon the very laws of Spirit. Try it. Study it every day this month and see the magic it will work in your life.

If prosperity has seemed to escape you until now, take up this new teaching with faith and hope. Be faithful to it and go forth in the consciousness that blessings simply cannot escape you. Keep in that high, prosperous consciousness in which prosperity may always be found, seeking and blessing you, searching you out in order to be your boon companion. Truly, you just can't escape prosperity!

INTO THE SILENCE, INTO HEALTH

"Tell me how to go into the silence and how to demonstrate health"

THERE is no mystery attached to the process or practice of going into the silence. Young students are inclined to look upon the silence as some strange and mysterious state of mind to which only adepts may hope to aspire. The expression "going into the silence" is very frequently found in the study of practical Christianity and often a writer takes it for granted that the reader or student has the knowledge of just how one enters the silence. Eastern adepts and Christian mystics have claimed that the silence has power to give one relief from the disturbances and inharmonies of life and has power to bring one into a consciousness of bliss eternal.

There is magic in the very familiar line: "Be still, and know that I am God." Even our reading it seems to cause us to still our adverse beliefs and to bring us to a realization that God alone is true and all in all. Instinctively we feel that silence closes the door upon those inharmonies of the world from which we have always wanted freedom; we feel that silence opens the way to God and shows us heavenly blessings.

Jesus thought of the silence in this way and gave some very specific instructions which may be summarized thus:

1. *When is the best time for the silence?* "When thou prayest." The time for the silence,

the time for prayer, should be when one feels a desire or a need to get away from the confusion of the world, away from worry or troubled thought, away from sorrow or pain.

2. *What is the best place for the silence?* "Enter into thine inner chamber." Do not direct your prayers to gods or to things without. Cease thinking of external things. Go into the heavenly realm within yourself, direct your thoughts to the very center of your being.

3. *How shall I get away from the sights, sounds, worries, and pains of the manifest world?* "Shut thy door." Take the attitude that your heavenly Father has given you power to close a door which will silence all noise and clamorings in the manifest world. When you shut this mystical door upon the world, turn and face the Father of quietness, peace, love, and health within you.

You have now entered the holy of holies, the place of silence, prayer, and realization. If you let the "door" come open just the least bit your silence will be disturbed so you must keep very quiet, free from thinking anything but that which is harmonious and exalting. When you first come into the holy of holies you may expect to see things and to hear and feel things. You have trained yourself in the world of sensation to expect to have your senses played upon but in this still and holy place your physical senses will not register. You will discover that you have another set of senses, those which are spiritual, and by them

you will sense the presence of God—peace and love.

4. *What will you do, now that you stand in the very presence of God?* "Pray to thy Father who is in secret." He is in secret because mortal eyes and senses do not behold or feel Him. Possibly, all your life you have thought about being alone with God and have thought about what you would say to Him. Have you thought how you would explain your actions, possibly justify yourself, tell God something which you have thought He ought to know? Now that you are in His presence you will have a different idea of what you will think or say. Being relaxed from the tense and heated thoughts of the world, your mind will seem to be diverted into a new channel of thinking. Old values will pass away and you will begin to see things in a new light. Possibly you have thought that you will be almost overwhelmed by the majesty of God, that you will scarcely have courage to ask for the things you want.

When you start to think in the new way you will have thoughts different from those that you have previously entertained. You will begin to think of yourself as peaceful, joyous, happy, and strong. Are you praying to the Father? Yes, for you are entering into a consciousness of your oneness with Him, oneness with His life and strength.

5. *Have you wondered what Spirit will do when you are in the inner place of silence?*

"Thy Father . . . shall recompense thee." After all, you will find that the peace and health which come to you in the silence are but God's blessings for you, His recompense to you for coming to Him.

We can easily see that divested of the mystery in which the silence often is clothed, it is nothing but the state of quietness which man experiences when he is alone with his God. God is his life, health, and strength and when he is with God he is unified with all these.

How does one demonstrate health? He does not actually demonstrate it. He discovers that he has health. In the silence he so completely forgets the old life with its pains and aches, he so successfully closes the door upon these, he comes into such a clear realization of oneness with God—life, health, and strength,—that he comes out of the silence either cured of his maladies or else with the firm realization that his healing is rapidly taking place.

It is not difficult to understand why Christian metaphysicians place so much stress upon the silence. It is like a vestibule between two worlds or two lives. In that vestibule one divests himself of the old beliefs and enters into a new life of health and strength. In that silence man stands alone with God, alone with the Truth of his being. He finds that the light of Truth, the great searchlight of Spirit, penetrates his very being and he sees himself as he is in Truth.

Those who do not know what the silence

is think that it is a process by which man attempts to hypnotize himself into believing that he is well when he is ill. Those who understand the silence know that by it man finds himself and discovers his divine sonship.

The jazz of the sensual life, the noise of the world, and pain in the physical body are all on the same plane. Each one belongs in the realm of sensation and "is of the earth, earthy." By the silence man finds himself in that consciousness in which stillness and health alone can be found. By the silence he knows how to be still and to know that God is God and that he is one with God. He discovers the meaning of the words of Jesus:

"When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee."

Away from the confusion of the senses, away from confused beliefs and disease! Into the silence, into peace and truth, into health! You will emerge from the silence divested of all doubt, worry, and pain. You will have found the peace which passeth all understanding, the pearl of great price, your divine self.

So we emphasize to you the necessity of resorting to prayer, to the silence, when you need healing. In the secret place of the Most High you will find quiet, freedom, relaxation, and healing. In this quiet you will find your real self and, best of all, God and health.

TODAY IS MINE

SHASTA LEILA HOOVER

When I awake and greet the rays
  Of light that through my windows shine,
I praise God for His blessed ways
  And say, "Today is mine!"

When in the morning's silent pause,
  I bow before the sacred shrine,
I thank God for His wondrous laws
  And that today is mine.

When in the heat of battle rush
  I still repeat the countersign,
Within my soul there is a hush;
  I know today is mine.

And when the shadows gently creep,
  I hear the voiceless Voice divine
That whispers, while it crowns with sleep,
  "Today's forever thine."

FRIDAY, JUNE 1

My Powerful Word for Today: *I fear nothing. Love casts out all fear.*

The statement for today is taken from the Unity calendar for June.

One can easily test the power of love to cast out fear. Love begets such a consciousness of confidence and faith that one who is filled with love cannot doubt the perfect working of the law of God in all his affairs.

Fear shows a lack of dependence upon God, upon the principle of truth, upon love. The little child may be afraid when its mother cannot be seen but doubt and fear leave it when it senses her presence—the overshadowing presence of love and protection. In the same way, when we know that God in His love is at hand we cannot doubt, or fear.

When one's consciousness is filled with love, he finds that it exercises an almost magical influence upon his mind and his body. Love in the consciousness immediately sets to work to eradicate fear. The mind begins to relax from tenseness as soon as love makes its presence known. The consciousness of love externalizes in the body and causes nerves and muscles to relax.

Love exercises more power to bring about healing than anything else.

There is no fear in love; but perfect love casteth out fear . . . he that feareth is not made perfect in love.—*I John 4:18.*

SATURDAY, JUNE 2

My Powerful Word for Today: *I cast all my burdens upon the Lord and rest free from anxiety and care.*

Primarily considered, all burdens are mental. All anxieties and cares would pass from a person's life if his consciousness were free from the belief in them. The power of thought over one's life is very well seen when he allows adverse beliefs to dominate him so thoroughly that he lives subjugated to them and enslaved to anxiety and care.

The first step in casting our burdens upon the Lord, upon the law of God, is made when we cease thinking of burdens. The thought substance which has been given to thinking of cares is utilized in thinking of our mastery and our ability to do all things through the power of the Infinite within us.

This change of thought comes easily when one studies Truth and learns the right relation of things in the world. He finds that things have no power over him. He discovers that, in Truth, he is master over them. He learns that worry and care come from taking a false view of life.

When we know that the Lord is working things out for our highest good, when we recognize the law of God, we come into a consciousness that there is no occasion for anxiety.

In nothing be anxious.—*Phil. 4:6.*

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SUNDAY, JUNE 3

My Powerful Word for Today: *I am willing to give up limited views and personal limitations in order to abide by the will of God and partake of His blessings.*

One should always be willing to give up personal will and the determination which seeks to cause personal consciousness to be established in one's affairs. The personal will is always limited since it fails to take into consideration the universal will of God and the blessings which attend it.

The will is the executive faculty of the mind and if the will is limited to the desires of personal consciousness, personal desires are carried out, instead of those of a universal nature. The will in itself is not personal but is considered so when used to carry out beliefs based upon the personal.

When one gives up his own will he gives up the personal beliefs which are being used to cause the will to act in a personal direction. When he accepts the will of God he permits his will to be influenced by spiritual thoughts.

The will of God for us is always good will and if we abide in the consciousness of good this alone will be carried out by the will. If one thinks only good thoughts then only good will be executed by the will.

Not what I will, but what thou wilt.—*Mark 14:36.*

MONDAY, JUNE 4

My Powerful Word for Today: *I know that the very justice of God is now at work in me and in all my affairs and that I am justly dealt with at all times.*

Among those who look at other persons and at things from the standpoint of the world there exists quite a propaganda of injustice. The world is viewed as a place where unjust conditions hold sway, where people are engaged in treating unjustly those with whom they deal.

In Truth we do not think about injustice. We become so busily engaged in contemplating the mighty justice of God and our relation to it that eventually justice completely fills our world. We come to the place where we no longer think that an person or any situation could bring injustice to us. We know that God in His infinite justice is causing justice to become manifest in us and in all that we do.

One of the best ways to get a consciousness of justice is for us to deal justly with others. This helps us to strengthen our belief in justice. We come to the place where we no longer think of injustice. We arrive at a state of consciousness in which we behold God as justice engaged in bringing the whole world to His ideal.

Our belief in justice externalizes and manifests in our affairs and in all with which we are in contact.

Jehovah is a god of justice.—*Isa. 30:18.*

TUESDAY, JUNE 5

My Powerful Word for Today: *I am optimistic at all times because the joy of the Lord fills and thrills me.*

How easy it is for a person to cure himself of pessimism when he learns the truth about life! One does not find it hard to be an optimist when he views life from the standpoint of Truth.

The optimist has much in his favor. In the first place, he can rejoice because he is thinking according to God, the mighty principle of Truth. When one is filled with joy and good cheer he is letting himself be a channel through which the happy and sunny thoughts of God may be expressed.

Every situation in the life of an optimist must bring him good because his eyes behold good coming into manifestation regardless of appearances. How we change our world when we behold the manifestation of good in place of the appearance of evil!

The joy of the Lord fills us when we have emptied ourselves of the old thoughts of sadness, darkness, and pessimism. When we look upward we behold the sun of God shining upon us, revealing our good to us. When we gaze heavenward our vision seems to be cleared of negation and adversity and we become filled with optimism, joy, and heavenly benedictions.

That my joy may be in you, and *that* your joy may be made full.—*John 15:11.*

WEDNESDAY, JUNE 6

My Powerful Word for Today: *The healing presence of God fills my body temple and I am radiant with healing life.*

We should not think of our bodies as other than the habitations of God. At the very center of man's being is God and, knowing this mighty truth, we find that we have at hand a powerful force for healing. If the body is not thought of as physical or as a place where disease and weakness may be found, we free it from many of the limited beliefs which we have held about it. When we accept the truth that it is a spiritual temple we begin to relate ourselves to life and health.

The presence of God, the presence of life and health, is very near to us. In fact, nothing can separate us from God or from health but our beliefs in separation. When man realizes the truth of his oneness with God, his oneness with health, when he discovers that the body is the very temple of God's presence and health, when he dedicates his body to God, he realizes that health is his now and forever.

Christians need to free themselves of the old heathenish ideas about the body and to behold it for that which it is—God's temple of health, the temple of healing life.

Your body is a temple of the Holy Spirit which is in you . . . glorify God therefore in your body. —*I Cor. 6:19, 20.*

THURSDAY, JUNE 7

My Powerful Word for Today: *Established in the universal love of Christ, I greet all persons in the spirit of Christ's love.*

Love is magical. It has power to wipe out personal animosities, misunderstandings, and the thousand and one little, personal situations which come about in the lives of those who are in personal consciousness.

When we are established in the firm, deep love of Christ within us, the love which recognizes no personality, we can behold all persons in the spirit of love. The love of Christ is not something mysterious or impractical. It is the love which binds men in a common purpose. It is that which causes them to see the great unity of brotherhood in which each one has his place.

Love is magical in its healing work. Many persons have not been able to receive healing through the ministrations of practical Christianity until they realize deeper love for their fellow men. Just as broken hearts are mended and healed through the ministry of love, so are physical injuries and diseases of many kinds healed when the patient reaches a greater consciousness of love.

Seeing ye have purified your souls in your obedience to the truth unto unfeigned love of the brethren, love one another from the heart fervently. —*I Pet. 1:22.*

FRIDAY, JUNE 8

My Powerful Word for Today: *The spirit of Christ in me prompts me to forgive and forget every personal offense.*

We can easily forgive another for his shortcomings or offenses when we perceive the truth of his being. One who gives offense shows that he is in personal consciousness and lacks the proper concept of what man is in Truth. He should be treated with kindness and not in a spirit of hate or revenge. He needs education, a change of ideas.

Since any adverse experiences that we meet come through their being attracted to us by our own adverse thoughts, our part is to rise out of the personal consciousness which engenders the thoughts.

Forgiveness, then, comes easily to us when we can free ourselves of personal consciousness. When we can see that adverse experiences do not come from other persons but directly through our own negative thoughts, we forgive those whom we have accused of trying to offend us.

The one who can forgive has entered the high spiritual consciousness in which the world is viewed a plane above the consciousness of the materially minded man.

How oft shall my brother sin against me, and I forgive him? until seven times? . . . Until seventy times seven.—*Matt. 18:21.*

SATURDAY, JUNE 9

My Powerful Word for Today: *I live in heaven here and now. On every hand, I see God's richest blessings—my blessings.*

Let us not think of heaven as some far-off realm which exists solely in the future. Heaven exists neither in the distance nor in the past nor in the future. It exists here and now to the one who is able to perceive it.

What is heaven? It is the ecstatic harmony which comes into manifestation when one knows the truth about his relation to God. Such a state comes about through spiritual consciousness. When shall we be in heaven? When we reach the high consciousness in which heaven can be perceived.

Men have thought of heaven as existing in some other part of the world because they had the sense of feeling separated from their good, their God. They have thought of heaven as removed from them because they have thought of time and space as governing it to some extent. Heaven partakes of the four-dimensional world and is not limited by the limitations which men of the three-dimensional world would place upon it.

How can one enjoy heaven here and now? By lifting his thought to it. By seeing it present here and now.

Our citizenship is in heaven.—*Phil. 3:20.*

SUNDAY, JUNE 10

My Powerful Word for Today: *Truth is my strong defender and, backed by Truth in God, I can overcome all opposition.*

If one knows that the principle of Truth, the power of God, is back of all that he does, he is relieved of personal anxiety and fear of any adversary. The truth of God should be so deep-seated in one's every thought, word, and deed that he is relieved of all personal responsibility in life. He looks to Truth in all things; he looks to God.

When Jesus and other great leaders have found opposition to themselves or their work, they have shifted the responsibility of life to the great principle of life which influenced their actions. Jesus learned early to lean upon His Father. He learned to depend upon Truth, the principle of God.

When the student of Truth is opposed in what he does, his duty is not to become resistant and tense. He must enter the high consciousness in which he can realize that some blessing will come out of the situation. He is willing to return good for evil because good is prompted by the high consciousness in which he dwells.

Not rendering evil for evil, or reviling for reviling; but contrariwise blessing; for hereunto were ye called, that ye should inherit a blessing.—*I Pet. 3:9.*

LITTLE TOWN OF

Frank Whi

You ask me where I'm living now? A
A little town set on a hill where all is
High up above the fogs and winds wh
Where there is no more worrying and

Come up and be my neighbor, friend,
A very easy place to find; first thing
You build a ladder by your thought,
And then ascend to No-more-care wit

Outside the city gate you'll find a valle
Where each his worrying must leave
I now suspect it heaven is, this town
For heaven's a place of harmony, like

OF NO-MORE-CARE

nk Whitney

now? A town called No-more-care,
ere all is bright and fair,
vinds where joy will never cease.
ying and just eternal peace.

, friend, and live in No-more-care;
st thing you know, you're there.
thought, you learn to trust the true
-care; with worrying you're through.

nd a valley deep and wide
ust leave and cast his care aside;
his town of heav'nly air,
ony, like little No-more-care.

MONDAY, JUNE 11

My Powerful Word for Today: *The truth of my being, the light of God, illumines my consciousness and I see myself and all things in the light of Truth.*

The truth of God is like a powerful light shining in the consciousness. Such a light has power to dispel the darkness of ignorance and superstition. No belief in adversity, evil, or disease can exist when the light of Truth shines.

Truth is the remedy for all ills. Its light shines through the mind relieving it of adverse beliefs, through the body freeing it of disease and weakness. The light of Truth causes one to see the nothingness of adversity. Just as the dark becomes unreal when a light puts it to flight so do adversity and disease become as nothing when the light of Truth, the light of life and health, shines in the consciousness.

The light of God is more powerful than the light of many suns. Plants that are kept in dark and damp cellars are stunted in their growth because they lack the influence of the sun's rays. Persons who do not have the light of Truth, the light of God, and of healing, are stunted in their spiritual development because they do not have the power which the rays of God's light could give to them.

Jehovah will lighten my darkness.—*II Sam. 22:29.*

TUESDAY, JUNE 12

My Powerful Word for Today: *The presence of God—the presence of Truth, life, and health—is within and about me and I am one with God under all circumstances.*

If we take the attitude that we cannot be separated from the blessings of life, we relate ourselves to them. If we think of ourselves as inseparably joined to God and all that He is, we help to bring these blessings into manifestation. When we learn that God is within us and all about us, we enter the consciousness of His mighty presence.

God is omnipresence. He is all the presence, all the being, all the power there is in spiritual truth. God is the one Presence in Truth. God —truth, life, love, health—alone can have presence in the life of the person who knows Truth.

God exists at the very center of our beings as a great shining Presence. He exists all about us as an aura of love and protection.

Wherever we may go, there is God. Other things may appear to have presence to us while we are still in the consciousness of believing in things but in reality God alone can exist. He is the eternal Verity, the one Being back of all life, the Foundation and Background of the universe.

Whither shall I go from thy Spirit?
Or whither shall I flee from thy presence?
—*Psalms 139:7.*

WEDNESDAY, JUNE 13

My Powerful Word for Today: ***Knowing that I can do all things through the power of the Christ man within me, I greet the situations of this day with courage and conviction.***

How we go forth with courage and determination when we know that the very presence of Christ, the superman within us, is fighting all our battles for us! When we realize that this Presence fills us with courage and fearlessness we can look any puzzling situation in the face and proclaim that we are masters over it.

Our efforts would be feeble indeed if we had to rely solely upon personal might. Within us are all strength and all courage. When we draw upon this storehouse of courage and might, there flow to us courage and strength sufficient to meet any emergency.

Runners often find that at a moment of fatigue they have welling up within them new life and courage. Athletes call this "second wind." Metaphysicians know that these athletes have discovered the courage and strength that lie in the deeper strata of consciousness.

Often when one finds that his own efforts are frail, at the same time he discovers, that a strange feeling of new courage is coming over him. He is laying hold of the courage of the Christ within him.

He thanked God, and took courage.—*Acts 28:15.*

THURSDAY, JUNE 14

My Powerful Word for Today: *This day I enter a new world—a world of new ideas, new life, and new joys.*

We can enter a brand new world at any time that we choose. We have only to lift our thoughts away from old conditions and behold ourselves in the very midst of all things new. The matter rests entirely with us whether we shall remain in a world of old and unsatisfactory conditions or whether we shall lay hold of a new world.

We often have the experience of meeting some old friend whom we have not seen for many years who seems to have laid aside old and crystallized ideas and viewpoints and to have entered into a new life of health and success. How has one's friend been able to do this? Simply by getting new viewpoints and by seeing himself, his associates, and the world from new angles.

In spiritual consciousness one contacts new and vigorous ideas from the mind of Christ within him. These ideas are mighty to recharge him with new life. He feels his mind renewed and recharged. His body becomes renewed because the renewing power of the holy Spirit sets about to renew his physical organism.

Except one be born anew, he cannot see the kingdom of God.—*John 3:3.*

FRIDAY, JUNE 15

My Powerful Word for Today: *I relax from all tension and rest in the knowledge that all my affairs are now harmonized in Christ.*

Tension has no place in Truth. When one knows the truth about himself and all his affairs, when he can place all these in the keeping of Christ, he may be assured that all things will work for his highest good.

When one is tense he shows that he does not rely upon Truth. He is not sure that good will come about. He is inclined to look at appearances as adverse and as having power over him, power to annihilate his good.

When a person takes up the study of practical Christianity, one of the first changes which can be observed in his life is that of relaxation. He sees life from a much serener state of mind than formerly. He is not so much inclined to fret, or to worry. If Truth could do nothing else for us than to help us to relax, we should consider it a blessing, indeed. On every hand we see those who are tense mentally and physically. If one of these is a person to whom we can give the message of Truth, he soon relaxes. The message is like food to a starved soul.

The person who can relax feels the arms of Jesus under him and rests within them.

Come unto me . . . and I will give you rest. —*Matt. 11:28.*

SATURDAY, JUNE 16

My Powerful Word for Today: *Catching the high vision of Truth, I see all persons and all things in their innate perfection.*

We either look at things according to appearances or else as they exist in Truth. We see them according to mortal limitations, according to race ideas, or else we behold them as they are seen through the high vision of Truth.

According to appearances, man is often observed as weak and diseased. This is according to a false science and a spurious philosophy. According to Truth, in reality man is always perfect, always the image and likeness of God. Truth educates us away from the old way of looking at persons and things and shows us what they are in reality.

According to the heavenly vision, man is seen as the perfect son of God, even as Jesus Christ. By knowing this truth and holding to the vision, man has power to resurrect himself out of the belief and appearance of adversity and disease and to manifest the perfection which is his birthright in Truth.

If there is some one whom we have looked upon as limited or diseased, we should begin to see him as he is in Truth. We should train ourselves to look past the appearances.

I was not disobedient unto the heavenly vision. —*Acts 26:19.*

SUNDAY, JUNE 17

My Powerful Word for Today: *I am never alone. The presence of God is within me and about me and I am at-one with all existence.*

We should never feel that we are alone, forsaken, or left without help. If we think of ourselves in this way we break a certain connection with existing powers, which shuts off help. If we think of ourselves as shut off from the power, life, and love of God, then we set up a wall of opposition which keeps these Godlike attributes from manifesting in our lives.

God never forsakes us. The sense of separation comes when one allows himself to believe in such a thing. If he believes that he is left without the aid of God, the adverse thought brings about a situation in which he beholds himself as separate from God.

God lives within us and all about us. God cannot detach Himself from life because His nature is life itself. He could not separate Himself from man, because man is a part of Him.

When one has the feeling of being forsaken or left without the help of man or God, his first step should be to change his thought and to know the truth. He should realize his oneness with God's omnipresence.

Jehovah, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee.—*Deut. 31:8.*

MONDAY, JUNE 18

My Powerful Word for Today: *Praising every evidence of good, I see my good multiply and increase.*

Praise causes good to spring into manifestation. It calls good out of the invisible into visibility. If a person can see very little good in his life, he would do well to praise the good that he has and see it increase and multiply.

The person who is inclined to praise and to be grateful for that which he has is sure to have an abundance of things for which to be thankful. His disposition to praise leads him into the possession of increased good.

Praise the health that you have and see it increase. Eventually you will be so filled with health that you will fairly radiate it. Many a student of Truth has caused his health to increase by applying the law of praise.

If we praise even the smallest opportunities that come to us, we shall soon find opportunities to serve and to grow on every hand. If we want new opportunities, now is the time to give thanks for them and to praise them into visibility.

Praise tends to make one optimistic and radiant. Always when another praises us we are happy.

My mouth shall praise thee with joyful lips. —*Psalms 63:5.*

TUESDAY, JUNE 19

My Powerful Word for Today: *I place all my trust in one Power, one God—God, the Good.*

Placing one's trust in God helps one to get away from believing in evil. He cannot believe that God is all powerful and, at the same time, believe in evil as having power.

Only by trusting in the Good, by trusting in God and believing that He alone is omnipotent, can we hope to see it manifest in us and in our lives.

God, the principle of Truth and life, must be recognized as the only Power in our lives. When we reach the place where we know that God is all in all, that in reality there is no power to oppose Him, the Good, then we have reached the exalted state of consciousness in which good alone can have place in our lives.

By trusting solely in God, one is rewarded by seeing peace restored to his mind, healing manifested in his body, and prosperity demonstrated in his affairs. A diligent study of Truth helps the student to see the nothingness of evil and disease and to see that God stands alone as the one Power in the universe of good.

We can easily trust in God and look upon Him as the one Power when we begin to see the reward brought by even a slight trust in Him.

I, even I, am Jehovah; and besides me there is no saviour.—*Isa. 43:11.*

WEDNESDAY, JUNE 20

My Powerful Word for Today: *The peace that passeth understanding, even the peace of Jesus Christ, restores me to harmony and health.*

This statement is the Silent Unity healing word to be used from June 20 to July 20.

We find the peace of God when we turn from those things in the world which seem to destroy our peace or to take it from us. We find the peaceful consciousness when we no longer entertain those thoughts which would form a consciousness of inharmony.

Detaching ourselves from the world which appears full of jangle and confusion, we break connection with inharmonious thought. Through thinking peaceful thoughts we become related to the consciousness of peace, the peace of Jesus Christ. This realm of peace lies at the very heart of our being. It is our identity with the peace of heaven.

When inharmony no longer reigns in our hearts, we shall be filled with peace. When we cease to believe that persons or things of the world can rob us of peace, we are free from the beliefs which destroy peace. We need to see that peace is not a condition which comes to pass only when things about us are favorable for it.

Let the peace of Christ rule in your hearts. —*Col. 3:15.*

THURSDAY, JUNE 21

My Powerful Word for Today: *The consciousness of peace and plenty is enthroned in me and I am prosperous.*

This statement is the Silent Unity prosperity word to be used from June 20 to July 20.

Just as war and want seem to go hand in hand, so do peace and plenty seem to be joined. We can see how necessary it is for us to be peaceful if we wish to be associated with conditions which make for contentment and prosperity.

Peace in the consciousness has power to turn inharmony and disorder in financial affairs into peace and prosperity. Somehow, the peaceful man, the one at peace with God and man, seems to lay hold of God's choicest blessings.

When God, the Source of peace, is enthroned in our hearts, blessings naturally come to us. When in the heavens of spiritual consciousness we sense our oneness with peace and prosperity, we may be assured that peace and prosperity will manifest for us in our affairs. The matter of realizing our oneness with God is an important one if we expect to demonstrate peace and prosperity.

When one blesses his affairs through the word of peace and prosperity, God adds His blessing.

The God of heaven, he will prosper us.—*Neh. 2:20.*

FRIDAY, JUNE 22

My Powerful Word for Today: *I am no longer a doubter. I have faith that right now the very blessings of heaven are being poured out upon me.*

The doubter lives in a world of uncertainty. At every turn his doubt asserts itself. At times, he is even tempted to doubt God. He is more inclined to have faith in evil than he is to have faith in God, the Good.

Faith gives us a certain hold upon God. Every bit of faith gives us a better grasp upon spiritual consciousness. When we doubt, we relax this grip.

One must have faith in order to apply the teachings of practical Christianity. Faith is tenacious. It has power to give substance to thought. By faith one may walk on new ground and ascend unknown paths.

The noble and great of all ages have had a great deal of faith—faith in themselves, faith in others, and, above all, faith in God and the cause they espoused. Faith in higher principles is bound to give one a stronger character. We always think of the one who has a strong faith in humanity as one of noble thought.

The richest blessings of God rush to the one who has faith in the bounty of God.

Let him ask in faith, nothing doubting; for he that doubteth is like the surge of the sea.—*James 1:6.*

SATURDAY, JUNE 23

My Powerful Word for Today: *I know that in reality I am free from every fault or blemish. In Christ, I am whole and perfect.*

In the sight of God, according to absolute Truth, man is without blemish. He is whole and perfect. He is the perfect son of his divine Parent.

When next you are inclined to think of yourself as limited in any way, or as imperfect, stop and consider your real character according to Truth. You will find that you have been looking upon yourself as being something which you are not. Be yourself. Be the perfect man or woman that you are in reality.

The man of Christ is whole and perfect. Such a man is the expression of the perfect Christ within him. He is a manifestation of perfection because Christ within him is perfect in all ways.

Instead of thinking of the shortcomings of others, think of their perfection. Learn to look past the seeming imperfections and to behold the son of God. See that which exists in Truth and you will see men as they are seen in God.

If every one would engage in the business of seeing perfection only we should soon find ourselves in heaven.

I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness. —*Psalms 17:15 (A. V.).*

SUNDAY, JUNE 24

My Powerful Word for Today: *I am loyal to the truth of God and my every thought conforms to the thoughts of God-Mind.*

The student of Truth comes to the place where he seeks to have his every thought in accordance with the mind of God. He seeks to enter the high consciousness in which he does not think any thoughts which are adverse. Knowing what Truth is, he undertakes to show his loyalty to it by thinking such thoughts as have Truth for their standard.

We serve God when we are loyal to Truth. When we no longer entertain thoughts in opposition to Truth we shall no longer be associated with the adverse experiences we have looked upon as necessary to one of the world. In Truth, there is no world of illusion, no world of adversity and disease. In God, there are life, love, and health. Our loyalty to Principle unifies us with these blessings, the blessings of heaven.

One cannot be subservient to adversity and disease if he does not look upon these as his masters. If he looks upon them as having no presence and no power in his life he takes a step toward Truth, God, and health. If he would have health he cannot entertain beliefs in disease.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

MONDAY, JUNE 25

My Powerful Word for Today: *I cannot be impatient or restless because I am filled with the patience which comes from knowing Truth.*

Restlessness ceases and passes away when one gets the consciousness of Truth. When he perceives Truth he sees the fallacy of worry and impatience. Even when to mortal sense situations look most alarming, yet can he be quiet and know that good is working out in his affairs.

The impatient person feels a separation from God. He feels that God is not at hand to deliver him from adversity or possible disaster. He feels that with God absent he must take strenuous means to hasten events.

We can see that a good remedy for impatience is a consciousness of the presence of God and a realization that the action of God is taking place to bring events under divine law. We can see that this realization will cause us to see things in the light of Truth and to behold God as present and active.

The student of Truth becomes patient from learning the deeper truths of life taught by Jesus Christ and by modern teachers of practical Christianity.

In your patience ye shall win your souls.—*Luke 21:19.*

TUESDAY, JUNE 26

My Powerful Word for Today: *I erase from consciousness all belief in weakness. I am eternally strong in Christ.*

By denying weakness a place in consciousness, we keep such a thought from expressing in the body. The way to destroy the thought of weakness is to fill the mind so full of thoughts of strength that there is no place for weakness.

The belief in weakness is more or less an inherited one. The race has accepted it. The belief has been handed down to us without being refuted and, unless we discover the truth, we too are inclined to think that at times we must be weak.

If the race would believe in strength as man's birthright and speak often of man as being strong, we should soon find that the race as a whole would be made up of strong men and women. The truth about strength would prevail over the falsehood of weakness.

In absolute Truth, man is eternally strong. The presence of Christ within him makes him strong. If he realizes the truth of his Christ strength he will soon find that it is manifesting in his body.

The more we think about and speak of our strength, the more it will increase. The strong man is but a product of his powerful thoughts. He lives in a world of strength.

Let the weak say, I am strong.—*Joel 3:10.*

WEDNESDAY, JUNE 27

My Powerful Word for Today: *The truth of my real being eradicates all false concepts about myself and I go forth this day infolded in Truth.*

Why does a study of Truth make one happy and healthy? How does practical Christianity cause its followers to demonstrate health?

When one studies spiritual Truth he gains an understanding of man's real being. This understanding clears from his mind all misconceptions about man. The belief that man is a thing of adversity and disease is displaced and is replaced by the truth that man is spiritual and perfect, mentally and physically.

The truth removes from man's consciousness every limiting or depressing thought. He experiences peace of mind and health of body because he has no "thorns" in the flesh to interfere with his harmony and health. There is no mystery to spiritual healing. The mystery would seem to be that man has ever entertained belief in disease and has expressed it.

Truth brings us to the consciousness of our perfection in Christ. We think of the Christ as God's idea of perfect man. The man Jesus knew the truth of His spiritual being and became the Christ. Each one of us in turn must realize and manifest this mighty truth.

His truth is a shield and a buckler.—*Psalms 91:4.*

THURSDAY, JUNE 28

My Powerful Word for Today: *Christ, the perfect man of God, in the midst of me now expresses Himself and I realize my oneness with Christ, perfection.*

We should not think of Christ as some person or something apart from us. If we think of Christ as existing in the external we keep ourselves from manifesting Him. We should always know that all that we need to have is within us.

In the midst of man is perfect knowledge. How necessary it is for man to have absolute knowledge of himself and all things!

In the midst of man is perfect health. If man were not perfect in health, he would not be a perfect creation of his heavenly Father. Man's duty is to come into a clearer realization of his own perfection, that perfection implanted by the Father within him, that perfection which has never changed.

In the midst of man is life, love, power, strength, and divine wholeness. All the attributes of infinite being are within man, the masterpiece of God, the visible manifestation of infinite Being.

In the midst of man is the Christ, bearing witness to the perfect pattern of man in the sight of God, urging man to accept Him as himself.

Christ be formed in you.—*Gal. 4:19.*

FRIDAY, JUNE 29

My Powerful Word for Today: *I believe that now is the only time and I rejoice to perform my duties right here and now.*

In the great universal plan, each one has his duties to perform; he has certain work to do which he alone can do better than any one else in the whole wide world. How essential it is that each one recognize what his work is and then set about to do it All his energies should be directed toward his God-given work.

We can see that delay and procrastination can have no place in the life of the person who has found what his work is. We can see that there can be no lost moments for him; it can readily be seen that each one must recognize that each descending sun must see something accomplished.

One must not feel that because his position in life seems to be an insignificant one, he does not have a place in the great universal scheme. Even those who must serve for a while in humble positions must do their work well if they expect to rise. Their work cannot be put off until tomorrow any more than can the work of one who stands in the sun of public recognition.

So we must preach the gospel of the eternal now! We must be diligent and productive, free from sloth and indifference.

Now I observe thy word.—*Psalms 119:67.*

SATURDAY, JUNE 30

My Powerful Word for Today: *Knowing the truth, I have a standard for disciplining my thoughts and I think that which is noble and exalting.*

Truth gives us a blue print to follow in our thinking. Without knowing what the truth is, man could not know what is true and what is false. He would be in the position of accepting any thought, whether true or false, as the truth of God.

The truth about man's freedom from things of the world and their influence is mighty to keep man from the many little inharmonies which would arise were he to believe in them. Therefore he must discipline his thought and eradicate from consciousness all belief that worldly things have power over him. He must discipline his thought and conform his thinking to thoughts of Truth.

The truth about health and man's oneness with spiritual healing forces has power to deliver him from the belief in disease and its subsequent manifestation. By disciplining his thought, by the use of denials and affirmations, he can restore himself to health and can maintain it.

Thinking noble and exalted thoughts brings us nearer and nearer to heaven.

As he thinketh within himself, so is he.—*Prov. 23:7.*

FOUR LITTLE CANDLES

July 1 will mark *Unity Daily Word's* fourth anniversary. One of the best suggestions for a celebration is that we have a big birthday party which every one can attend. On Monday, July 2, we will have a radio birthday party. At 11 a. m. (central standard time) the editor of *Unity Daily Word* will take WOQ's microphone and the big party will be in full swing. Tune in at 340.7 meters or 880 kilocycles. It would be well to tune in on one of the other 11 a. m. services broadcast over WOQ in order to ascertain the difference in time and to find the station. Do arrange your business or home duties so you can "come to the party" and listen in. During the service Mr. Whitney will use "Now Are We the Sons of God," which is found in the Unity booklet, "Beginning Again." Kindly take this booklet with you to the radio, so that you can follow the text to better advantage. The Unity Song, "I Behold the Christ in You" (also found in this booklet), will be used as a solo. The service will close with a special blessing and a benediction for students of *Unity Daily Word.* Comments on radio receptivity may be telegraphed or mailed to the radio department, Unity School of Christianity.

Somehow, we always associate birthday presents with birthday parties. Why not surprise little *Unity Daily Word* with a whole avalanche of new subscriptions? Let each reader send in at least one subscription.

MY BIRTHDAY PRESENT

Dear *Unity Daily Word*:

To celebrate your fourth anniversary, I am sending in one subscription to be sent to

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COMMENTS FROM OUR JUDGES—Our Readers

HEAL THYSELF

Asheville, N. C.—I had a goiter. By my using the healing lessons published in *Weekly Unity*, the goiter has entirely left me. I am learning more of Truth each day. My health is perfect and I have work. I can see God in all things and in all people.—*M. M.*

The healing lessons known as "Helping You to Help Yourself" have been printed in book form at the request of many readers. The book is called HEAL THYSELF. Price, in cloth binding, $1.

CAROLINE NAPIER

Chicago, Ill.—CAROLINE NAPIER has all the elements of a successful serial. It has the necessary suspense. In addition it has a wonderful lesson, not thrown at one, but beautifully told so that its Truth shines through every letter and punctuation mark. One lives the events with Caroline Napier as she tells her story.—*T. S. K.*

We shall add nothing to T. S. K.'s comment on CAROLINE NAPIER, except to say that it is a true story of the life of a very successful woman. Price, $.50.

METHODS OF MEDITATION

San Diego, Calif.—METHODS OF MEDITATION is splendid. There are many questions asked along these lines, and I have sold many copies already. We shall use it in class work.—*F. P.*

METHODS OF MEDITATION gives helpful and important instruction on how to go into the perfect silence. Price, $.35.

BOOKS BY CHARLES FILLMORE

Charles Fillmore is outstanding in the Unity work, for two reasons: first, because he is one of the founders of Unity; second, because of the good that he has done throughout the world through his Truth writings. Each time one of his articles is published, one can almost hear the echoes of the "Ohs" and "Ahs" from his thousands of readers.

Throughout the years there has been one book by Charles Fillmore that has stood out from all the rest—one that every Truth student should have as his constant companion—and that book is CHRISTIAN HEALING. Only those who have read CHRISTIAN HEALING know its real value. It would be impossible to set down its merits in a few short paragraphs, because on each page one can find new inspirations, new merits.

A sister book to CHRISTIAN HEALING is TALKS ON TRUTH. Most of the chapters that make up this book were formerly part of CHRISTIAN HEALING. They were divided because it was thought that they would be more helpful as separate volumes, each containing question helps.

CHRISTIAN HEALING and TALKS ON TRUTH are books that you will want for your everyday study and guidance. CHRISTIAN HEALING is published in three bindings: paper, $.75; cloth, $1.50; de luxe, $3. TALKS ON TRUTH comes in only one binding, paper, for $.75.

WHEN DUTY SMILES

Approach each task today with a smiling face and your work will seem to do itself and smile back with satisfaction.

NEXT MONTH:

The Fourth Anniversary Number, in which you will find:

"The Soul's Birthday"

"Finding Happiness and Keeping It"

"Through Eyes of God"